

# Glanmore Wellington, Telford



## Our Support

Glanmore has recently undergone a full refurbishment and offers a modern but homely environment for people with Mental Health needs and Learning Disabilities. Our support combines self-directed learning with enablement, social development and most importantly fun. At Glanmore we provide the right support to assist individuals in developing coping techniques which can make a noticeable difference in their everyday lives.

## Our Approach

Here at Glanmore our mission statement is:- "to make tomorrow better than today". We aim to achieve this through our innovative and person-centred approach. We empower people to live their lives in the way they want to, and we support them to make this happen. We are creative in our approach and we work hard to uncover everyone's abilities and to celebrate their uniqueness, in a way that engages, encourages and empowers.

### We focus on:

- Recovery and resilience
- Positive risk-taking
- Relapse prevention
- Enhancing quality of life
- Offering a step-down programme as an alternative to hospital stays
- Using creative and flexible approaches to engagement
- Fostering confidence and self-esteem
- Personalisation

## Positive Outcomes

Each person discusses their likes, interests, goals and aspirations with their Key Worker. These could include having a job, wanting to cook or just having the confidence to go to the shops. Glanmore is renowned for its positive, proactive and skilled staff team. The individuals who live at Glanmore also support each other in their progress, and through this unique supportive environment, people are enabled to achieve their goals.

Our approach offers people access to the local community, travel training and leisure activities. We work alongside individuals to help them build their future and increase personal empowerment. We support everyone to have access to do the things they want to do. We are committed to enabling people to move on and step down to more independent models of support.

## Meeting Complex Needs

### We can support people who:

- Are stepping down from a forensic/secure or prison
- Social and recreational needs environment
- Are stepping down from a long stay hospital admission
- Are under section 7, 17, 25a, 37, 37/41, 117 of the Mental Health Act
- Are subject to a CTO (Community Treatment Order) or DoLS (Deprivation of Liberty Safeguards)
- Have a personality disorder
- Are subject to MAPPA (Multi-Agency Public Protection Arrangement)
- Have Learning Disabilities

### We can provide support with:

- Vocational retraining
- Personal budget and finance management
- Travel training
- Building links with friends, family and the community
- Personal and health care needs
- Respite and Outreach support
- Access to independent advocacy
- Household tasks

## Recovery Star Model

We use the Recovery Star Model, an outcomes-based measurement tool recognised by the Department of Health. By using the Recovery Star, we are able to support a person's recovery by measuring progress in areas including managing their Mental Health, enhancing living skills, building and maintaining social networks and building self-esteem to maximise independence.

## Our Clinical Support Team

Our experienced and well trained staff are supported by our Clinical Support Nurses and Behavioural Advisors. Their role is to work collaboratively with staff to develop and review support plans and introduce proactive strategies. Working alongside our staff team, they support people at times of extreme challenge or crisis. Our staff can also access Consultancy Psychiatry and Psychology support as required. All therapeutic input is integrated into daily strategies or functional measured goals in line with the individual's aspirations.

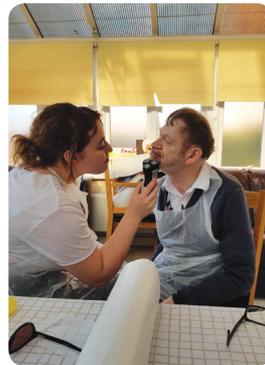
## Accommodation

Glanmore has six en-suite bedrooms and one self-contained studio apartment. Communal areas within the home include a laundry room, kitchen, dining room, lounge area and conservatory. Externally there is a large garden and parking.

## Progression Pathway - Our Studio Apartment

Our studio apartment offers a clear progression pathway, within a residential support setting. The pathway offers an opportunity for self-development and maximum personal growth, regardless of complex health and social care needs. The apartments provide a private space for staff to enable skill development or coaching sessions. People can trial independence in a setting which has 24 hour staffing available, to assist with development of their life skills. We feel that the creation of our semi-independent transition studio apartment, enables people who want to live more independently, take those first steps to greater independence within a safe, risk managed environment.

**"We believe in enabling people to live fulfilled lives, their way."**



## Positive Story

"John\* suffers with Schizophrenia. Whilst John needed support with his Mental Health needs, he had always wanted to live in his own flat like he did before, but he felt this would not be an option for him. However, Glanmore has provided John with those first steps towards independence again, by accommodating him in his own flat within Glanmore. John can now trial independence in his own flat, but still have residential support whenever he needs it. Staff work with John within his own safe, risk managed environment to help develop life skills. The independence of having his own flat has enabled John to access the community with more confidence. In the past due to his anxiety John's access to the community had been limited. With staff support he is now accessing the community daily and enjoying his first steps towards independent living."

\* Name has been changed for confidentiality